



# Fayetteville Parks and Recreation

## Adult Co-Ed Indoor Volleyball League Rules



Thank you for choosing to play volleyball in Fayetteville!

### Equipment

- *Game Ball*
  - Parks and Recreation provides the official game ball for each match. The game ball shall be a Tachikara Official SV-5WSC inflated 4-6 psi.
- *Playing Equipment and Uniforms*
  - All players must wear close-toed shoes that do not scuff the court.
  - Players are not required to wear any kind of padding (e.g., knee pads, elbow pads, braces), but it is encouraged for safety in all matches.
  - No player shall wear any device that gives him or her an unfair playing advantage, which shall be determined by the referees on each court.
  - Teams are not required to wear uniforms, but they are *certainly* encouraged.

### General League Rules

- *Net Height and Court Rules*
  - The net height in the Game On League shall be set at 7' 11 <sup>5</sup>/<sub>8</sub>".
  - The net height in the Chill Out League shall be set at 7' 4 <sup>1</sup>/<sub>8</sub>".
  - Balls may be played off the ceiling and lights only if the ball lands on the same side of the team that knocked the ball into the ceiling; the ball must be played by a different player than last touched the ball.
    - The ceiling itself does not count as a hit. If a ball that collides with the ceiling comes down on the opposing team's side or collides with the ceiling on the opponents' side as a result of your team's action on the ball, a point is awarded to the opposing team.

- Foul antennae shall be used and the ball is called out if it contacts a foul antenna or travels outside the foul antennae.
- *Captain*
  - Each team shall have a captain. The role of the captain includes:
    - To regularly receive league updates and standings from the recreation program coordinator.
    - To solely represent her or his team to communicate with a referee in a match.
    - To maintain the team roster.
    - To vote, through email, on various items that arise in the league.
- *Teams*
  - A team shall consist of six players. A team must have at least four players to begin a match. Teams may "pick up" players during the regular season, but no player shall play in the tournament without being on a team's final roster.
  - A team roster is due at registration, but may be updated until the end of the fifth week of play. All team rosters will be verified before a tournament match begins.
  - Players may play in the Game On and Chill Out leagues during the tournament, but a team shall consist of a majority of players that play exclusively in the league in that the team is entered. For instance, a Game On League team with eight players must have at least five players that only play in that league.
  - A team shall have equal numbers of male and female players on the court unless:
    - A team is playing with five players (then a team must have three female players and two male players on the court or vice-versa).
  - There shall always be at least one male and one female player on each row of each team's side.
  - A team must maintain a clockwise rotation.

- A team is allowed to substitute one position per set. This means that if a team chooses to substitute the serving position, they may cycle players in and out of that position so long as rotation is maintained.
- A team shall be allowed two 45-second time outs per set.

## **The Match**

- *Length of Game (Rally scored is used. A point is scored each serve, regardless of service team.)*
  - Each match shall be won best two sets out of three. Game On League matches are played: 25-25-21, and Chill Out League matches are 30-30-25. Teams must win by two. Each Set has a cap, and a team wins the set if: a Game On League team hits 30-30-25, or a Chill Out League team hits 35-35-30.
- *Grace Period*
  - If teams are 10-15 minutes late, they may still play, but must forfeit the first set.
  - If teams are more than 15 minutes late, they shall forfeit the match.

## **Playing the Ball**

- *Service*
  - A player must serve behind back line and the player's foot may not cross the back line during service until the ball is released.
  - A player may choose to jump during her or his serve.
  - Let serves are allowed (a served ball may hit the net before going to the opponents' side).
  - Players on the receiving end of service may not block or attack the serve. This means that a player in the front zone cannot complete an attack hit when receiving a serve so long as the ball is completely above the top of the net.
  - A player must wait to be signaled by the referee to serve.
- *Hits During Play*
  - A team must return the ball across the net in three or fewer hits.

- A ball may hit any part of a player's body and remain playable. Any play on the ball must be a clean hit that is not: caught, thrown or makes prolonged contact. A ball may strike a player's foot, but the ball must rebound or the contact shall be called a lift.
- Double-hits shall be allowed only on a serve-receive.
- Blocks do not count as a player's first hit.
- Aside from knuckle tips, all overhand hits must be open-handed (no closed fists).

## **Common Fouls**

- *Violations Most Commonly Called, All Violations Result in One Point Awarded to the Other Team*
  - Back Row Attacks
    - No player shall jump from in front of the 10' line to spike or block the ball when playing in a back row position.
  - Lifts
    - Catching or holding the ball while playing it
    - Making contact with the ball in an underhand motion with open hand or hands (such as slapping or scooping)
  - Net Violations
    - Making any contact with the net that interferes with play or making contact with the net during the action of playing the ball
    - Stepping (with the majority of a player's foot) over the line and causing an interference
    - Reaching under the net
  - Double Hits
    - No player may make contact with the ball twice in succession unless blocking or receiving a serve.
- **It is important to note that fouls are more laxly called in the Chill Out League.**

## Post-Season Tournament (Single Elimination)

- *Entry Guaranteed*
  - All teams play in the post-season tournament.
  - Seeding is determined by standings based on league play.
- *Scheduling and Progression*
  - The opening rounds of the post-season tournament (in both leagues) are typically played on a Tuesday night and the semifinals and final rounds are typically played on a Thursday night.
- *Rosters*
  - A player must be on a team roster to play in the tournament.
  - A roster violation results in a loss of the current match.
  - Roster violations must be addressed before the end of a match. Both rosters shall be checked for accuracy.
  - Roster protests after a match shall not be accepted.

## Notes

- *Sportsmanship*
  - Our league prides itself on being a **positive, friendly, and team-building** experience for all players regardless of previous volleyball experience. Players may be ejected and suspended for any instance of unsportsmanlike conduct, which is not limited to, but includes: profuse obscene language, abundantly arguing judgment calls made by a referee, or mistreating the volleyball courts or facility.
- *Free Agents*
  - A free agent list shall be sent to captains each week on Friday. Free agents may play on a team, even after rosters are locked, throughout the regular season. No free agent may play in the post-season tournament unless on a team's roster.
  - A free agent shall retain her or his free agent status until he or she joins a team's roster.

- *Referees*
  - Fayetteville Parks and Recreation shall provide one trained 'up referee' per match. This person will also keep score.
- *Changes in the League or Designation of Teams in the Tournament*
  - The recreation program manager reserves the right to modify the rules to better all teams, but must notify all teams when a rule change happens.
  - The recreation program coordinator reserves the right to place teams in different divisions in the league and post-season tournament for any reason.
  - Unless this rulebook conflicts, current USA Volleyball playing rules shall be used.

**Thank you for choosing to play volleyball in Fayetteville!**

